

STUDY
IN
PPWSZ

Erasmus programme
at
PPWSZ in Nowy Targ
Poland

Erasmus Institutional Coordinator

dr Małgorzata Muszyńska-Kurnik

ppwsz.erasmus@gmail.com



The ERASMUS Programme – studying in Europe and more



ERASMUS is the EU's flagship education and training programme enabling 200,000 students to study and work abroad each year. In addition, it funds co-operation between higher education institutions across Europe. The programme not only supports students, but also professors and business staff who want to teach abroad, as well as helping university staff to receive training.

Many studies show that a period spent abroad not only enriches students' lives in the academic and professional fields, but can also improve language learning, intercultural skills, self-reliance and self-awareness. Their experiences give students a better sense of what it means to be a European citizen. In addition, many employers highly value such a period abroad, which increases the students' employability and job prospects.

Staff exchanges have similar beneficial effects, both for the people participating and for the home and host institutions.



How ERASMUS works



Higher education institutions which want to participate in ERASMUS activities must have an ERASMUS University Charter. The Charter aims to guarantee the quality of the programme by setting certain fundamental principles.

The European Commission is responsible for the overall programme implementation; its Directorate-General for Education and Culture coordinates the different activities.

So called “decentralised actions” that promote individual mobility are run by national agencies in the 33 participating countries. “Centralised” actions, such as networks, multilateral projects and the award of the ERASMUS University Charter, are managed by the EU’s Education, Audiovisual and Culture Executive Agency.



The Podhale State School
of Higher Vocational Education
in Nowy Targ
received

ERASMUS EXTENDED UNIVERSITY CHARTER
in December 2009



ERASMUS EXTENDED UNIVERSITY CHARTER

Erasmus University Charter (EUC) is issued by the European Commission.

It entitles a university to apply for participation in the mobility actions financed by the programme in the current academic year or other projects. The Erasmus University Charter (EUC) provides the general framework for all European co-operation activities a higher education institution may carry out within the Erasmus Programme. The Charter sets out the fundamental principles and the minimum requirements underlying the Erasmus activities a higher education institution has to respect.

LLP / ERASMUS KEY DATA SHEET



Full legal name of the institution	Podhale State School of Higher Vocational Education in Nowy Targ
ERASMUS code	PL NOWYTA01
Address	Kokoszków 71 34-400 Nowy Targ
Country	Poland
Web address	http://www.ppwsz.edu.pl
Head of the institution - Rector	Prof. Iwon Gryś
Telephone/ fax	Tel.: + 48 18 26 10 706 Fax: + +48 18 26 10 708
Institutional Erasmus coordinator Institutional Bilateral Agreements	dr Małgorzata Muszyńska - Kurnik email: ppwsz.erasmus@gmail.com



FORMAL REQUIREMENTS FOR INCOMING STUDENTS



Study guide

In order to be accepted as a ERASMUS exchange student, you must be a student of a partner university which has signed the ERASMUS Bilateral Agreement with PPWSZ in Nowy Targ

The candidates are requested to submit:

Application Form for incoming students , which must be signed by ERASMUS Coordinator from your Home University

Learning Agreement , which must be accepted by your Home University and send it together with two photographs to the following address:

The PPWSZ in Nowy Targ

Erasmus Office

ul. Kokoszków 71

34-400 Nowy Targ

Poland

e-mail: ppwsz@ppwsz.edu.pl

The deadlines for returning the completed-above mentioned Application Forms are as follows:

15 June - for the winter term of the following academic year

15 December - for the spring term of the following academic year

ABOUT THE INSTITUTION



Official name: Podhalańska Państwowa Wyższa Szkoła Zawodowa w Nowym Targu (*The Podhale State Higher Vocational School in Nowy Targ*)

The Podhale State Higher Vocational School in Nowy Targ (PPWSZ) was founded in 2001 as the first higher education institution established following the initiative of the province's self-government. It came under the auspices of Krakow's Jagiellonian University and Bronisław Czech Academy of Physical Education. To ensure the highest teaching standards at the facility, its comprehensive development and a bright future for its graduates, the PPWSZ has also signed an agreement of collaboration with some of Krakow's renowned higher education institutions. These include the University of Economics, the Krakow University of Technology and the Andrzej Frycz-Modrzewski Krakow Academy.

In October 2001, the Institution started undertaking academic disciplines in four fields: Polish philology, physiotherapy, nursing, and recreation and tourism management. During the decade the academic disciplines have been subsequently enriched with the following: architecture and urban planning, emergency medical technician studies, and environmental protection. While establishing every new field of study we always bear in mind the needs and specific character of the local region.



PPWSZ

7

The Podhale State School of Higher Vocational Education in Nowy Targ

www.ppwsz.edu.pl

8



ABOUT THE INSTITUTION - cont.



In December 2009, the European Commission decided to award the Erasmus Charter to the Podhale State Higher Vocational School (PPWSZ) entitling PPWSZ's students to benefit from both the educational opportunities offered by other EU higher education institutions and to pursue an internship placement abroad.

The Podhale State Higher Vocational School (PPWSZ) has developed cooperation with a number of partners in the region. With suitable agreements in place, the PPWSZ cooperates with the Nowy Targ County and the Tatra County, upper secondary schools, the University of the Third Age, Związek Podhalań (the Polish Highlanders Alliance), ZEW Niedzica (the Niedzica Hydroelectric Power Plant), Termy Podhalańskie (a thermal swimming pool and spa complex), health care centres, and many other institutions.



ABOUT THE INSTITUTION - cont.



Students at the Podhale State Higher Vocational School (PPWSZ) can be involved in a variety of activities. They pursue their passions in numerous



student scientific associations which operate in every department of the Institution. International student scientific conferences are also organized and held. The students are actively involved in the development of the Academic Chaplaincy, being part of the John Paul II's

Days every year. Every year in May the Students' Union organizes the Podhalańskie Juwenalia Student Festival – a celebration of youth and joy. Nowy Targ, which comes under the rule of the students for a short period, becomes aware that it has become an academic town due to the loud and colourful celebrations. The Institution provides facilities for RECREO Academic Sports Association, KUSZ Winter Sports Association, MARION dance formation, and, not until recently, a student cabaret.



ABOUT THE INSTITUTION - cont.



The Institution currently provides education in the following fields of study:

- Architecture and Urban Planning – engineering studies (4 years), started 2005/06;
- Polish Philology (specialties: teaching, journalism, cultural/regional studies in the EU context) – bachelor studies (3 years), started 2001/02;
- Physiotherapy – bachelor studies (3 years), started 2001/02;
- Environmental Protection – bachelor studies (3 years), started 2008/09;
- Nursing – bachelor studies (3 years), started 2001/02; + Master's degree
- Emergency Medical Technician Studies – bachelor studies (3 years), started 2008/09;
- Tourism and Recreation – bachelor studies (3 years), started 2001/02.
- Environmental Engineering – engineering studies (4 years), started 2011/2012

The Institute of Architecture and Urban Planning



The Institute of Architecture and Urban Planning was founded in 2006 at the Podhale State Higher Vocational School in Nowy Targ.

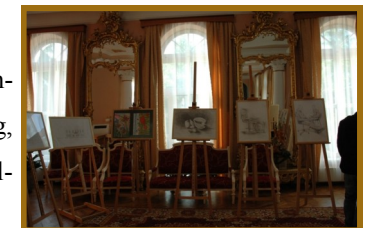
The Institute offers both full-time and extramural studies and the graduates obtain a Bachelor of Architecture Engineering degree. The students participate in lectures, design and laboratory exercises. They also gain general knowledge of the history of art and culture, the history of architecture and



urban planning, various aspects of building conservation and protection. The students learn about the connections between building conservation, economic and civilization development.

The Institute of Architecture and Urban Planning provides courses on regional architecture, especially concerning the issues connected with mountain architecture, artistic ornamentation, painting, graphics and sculpture. In addition, the students attend a foreign language course.

What is more, the students are obliged to undergo training which includes stocktaking, architecture and urban planning design, building inventory and work in a design office.



Institute of Physiotherapy



Physiotherapy studies were founded in 2001. The teaching staff, comprising specialists in the fields of physiotherapy, physical education and rehabilitation, ensure a high level of education. The Institute of Physiotherapy is currently



employing 5 independent research workers. Among the other staff there are doctors of medicine and qualified, experienced and practising physical therapists. The curriculum is implemented in the form of lectures, classes, seminars and internship modules. Practical classes and internship modules are held at

health care centres. The Institute of Physiotherapy of the Podhale State Higher Vocational School (PPWSZ) in Nowy Targ has organized a number of scientific conferences.

The Institute's students are actively involved in the scientific association conducting research, taking part in conferences and publishing articles in scientific journals. They are also engaged in work for the local community and actively participate in the promotion of their own Institute and PPWSZ in Nowy Targ. They are active in the Students' Union and influential in the organization's structure.



Institute of Humanities



Institute of Humanities provides education in the field of the Polish philology. The core curriculum includes a group of linguistic subjects (descriptive and historical grammar of the Polish language, dialectology, etc) and literary subjects (history of the Polish literature, theory of literature, etc). Apart from the core curriculum, every student pursues one of three specialities: journalism, teaching or cultural studies, and undertakes internship, as a part of it. Compulsory subjects also comprise language courses: English and Latin. The studies last six semesters and end with the diploma examination and awarding licencjat (Bachelor's) degree.

In addition, the students are offered an opportunity to study a six-semester extramural course in the field of Polish philology, with a teaching speciality (graduates also obtain licencjat degree) as well as a three-semester postgraduate course in the subject of the cultural heritage of the Tatra region.

The principal objective of the curricula is to develop in students such skills which will form a foundation for their further humanistic education, and, in particular, education in field of the Polish philology.

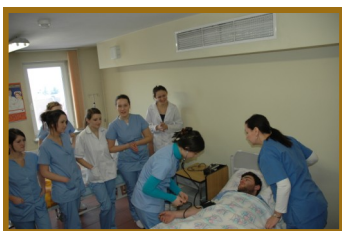
The studies are under the academic supervision of Krakow's Jagiellonian University's Polish Philology Faculty.



Institute of Nursing



The Institute of Nursing was established on the foundations of its predecessor, namely, the Nursing School in Rabka-Zdrój, and it provides education to nurses in full-time study and extramural studies. The teaching staff which comprises specialists in the field ensure a high level of education.



During its ten-year existence, the Institute has organized a great number of conferences for both the teachers and students involved in the Students' Scientific Associations. The Institute intends to develop further by, among others, opening the Polish second cycle qualification (master's degree) studies and provision of education in the postgraduate studies for nurses and other medical professions.

During ten years of tuition, the curriculum of studies was updated on a regular basis in order to meet the current standards. It is of great importance to provide both theoretical and practical education. The practical teaching facilities are institutions located in Rabka Zdroj, Nowy Targ, Limanowa, Zakopane and



Krakow which consist of hospitals, care homes and outpatient health care centres. During its ten years of operation the Institute was positively evaluated by the State Accreditation Commission twice: the first time being for the period of three years until 2006, and the second time for five years until 2011 (as one of the first higher vocational schools in Poland).

Medical Technician Institute



Studies in the Medical Technician Institute are based on the idea of gaining medical knowledge and training essential to react and help people in emergencies.



The lecturers are highly qualified medical professionals in different specialties, namely emergency medicine, internal medicine, orthopaedics, surgery, paediatrics, neurology, etc. The motivation and dedication of these doctors guarantees the best teaching results.

The variety of subjects makes it possible for students to broaden their medical knowledge. What is more, they are also presented with the methodological steps of teaching emergency first aid. It is also worth mentioning that the students' knowledge is systematically checked during their medical training in hospital wards, especially in accident and emergency departments. The graduates are well prepared to work not only in hospitals but also in other medical services.

The Medical Technician Institute is still developing rapidly thanks to the excellent cooperation with new hospital wards as well as the greatest medical specialists in Poland. The high level of education and medical training is the key factor to prepare a professional medical technician.



Institute of Tourism and Recreation



The Institute of Tourism and Recreation has existed since the foundation of the Podhale State Higher Vocational School in Nowy Targ, i.e. since 2001.



The Institute offers teaching at undergraduate level, in the form of full-time and extramural studies. You can choose two specialities: 1. Tourist services and management in tourism 2. Physical recreation with psychosomatic regeneration. The overall number of students is approximately 650 people. Apart from theoretical subjects, practical classes are also conducted in the form of field/off-road exercises and student internship. Internship placements are done in future workplaces for students (hotels, guest houses, sports clubs and leisure facilities, spa resorts, holiday homes, fitness clubs, etc.).

Currently in operation in the Institute there are two scientific student associations (of health training and tourism), two sports clubs (skiing and volleyball) and a team of modern dance. We are committed to expanding educational possibilities.



Institute of Environmental Protection



The main aim of the Institute of Environmental Protection at the Podhale State Higher Vocational School in Nowy Targ is to prepare its students to use thorough knowledge of biology, chemistry, geography and environmental protection and to apply the basics of technology in professional work and public life as well as to broaden their knowledge independently and present it in professional work settings.

The Institute of Environmental Protection provides students with the knowledge of a number of disciplines useful in the protection of the environment, particularly: sciences describing the biodiversity of life forms, the basics of botany and zoology, microbiology, biochemistry, basic genetics, chemistry, ecology, hydrobiology, physics, geology, geomorphology, soil science, computer science, climatology and meteorology, environmental protection, zoology, plant and animal physiology, the technology of environmental protection, chemical analysis, law, economics, production management and safety measures.

An important part of the studies includes the use of scientific databases, audiovisual devices, computer programmes and other tools which are essential for the purposes of work in the environmental protection sector and for further self-study and social communication.

Institute of Environmental Engineering



The Institute of Environmental Engineering guarantees its students gaining profound knowledge and skills which enable to acquire vocational qualifications crucial to make evolutions, provide expertise and make designer works in the field of engineering geology. The above-mentioned skills are required in connection with obtaining any planning permissions / building permits for industrial buildings or private dwellings.

After having finished the three and a half year studies each University Graduate will get a Bachelor of Engineering degree.

PPWSZ Students' Developmental Potential

The Institute of Environmental Engineering graduates obtain qualifications to work in enterprises conducting any geological, mining and hydro technical works, industrial plants and construction companies, the Office of State Administration

Typical cost of living in Poland



The standard of living in Nowy Targ corresponds to that of most cities in Poland and is relatively cheap compared to other areas of Europe. The prices listed below give an approximate indication of the prices in the area:

Accommodation:

The PPWSZ in Nowy Targ does not offer campus accommodation, but our International Office will help exchange students with finding suitable lodgings.

If you think you will need help in finding accommodation in Nowy Targ, please contact the Office for International Affairs

Access to computer facilities and the Internet is provided at the College for student use, both in the library and the Internet Café.

Average rent for a studio flat (per month): € 110

Average rent for a two-roomed flat (per month): € 150

Average rent for a single room in private flats (per month): € 70

Average rent for a double room in private flats (per month): € 80 – 120

Cost of a single room in a 3-star Hotel (per night): € 40 -50



Typical cost of living in Poland –cont.



Travel (students receive a 50% discount)

Single bus ticket: € 0.70 (student rate € 0.35)

Monthly bus Season Ticket: € 8.50 (student rate € 4.25)

Taxis: € 0.50 per km

Food:

One-week supermarket shopping: approx. € 30.00

Pizza: approx. € 5.00

A meal in a typical Polish restaurant: approx. € 10.00

Breakfast in a café (cappuccino and croissant): approx. € 2.00

Meal at the College cafeteria: € 4.00

Example Supermarket Food Prices:

Milk (litre): € 0.50

Loaf of bread: € 0.50

Butter (200g): € 0.80

Cheese (kg): € 3.00 - € 10.00

Meat (kg): € 2.00 - € 7.00

Eggs (carton of 12 eggs): € 0.90

Fruit (kg): € 0.40 - € 4.00

Potatoes (kg): € 0.50

Entertainment:

Disco-pub: approx. € 3.00 but most do not charge admission

Cinema (premieres): € 4.5

Beer: € 1.00 - € 1.50

Travel



There is a regular bus service between the College and the town centre Taxis are however available 24 hours a day.

Buses to Warsaw (hourly service) and other main towns in the area are available from the central bus station and buses travel on most days of the year except for one or two days during the Christmas and Easter holidays.

From Krakow, Warsaw and other cities, there are air, train and bus services throughout Poland and the rest of Europe.



Health Care



Poland has a 'free' health care system based on national health insurance contributions. Anyone paying national health insurance is entitled to use the health services in the territory of Poland at any medical establishment having a contract with the National Health Fund (NFZ - Narodowy Fundusz Zdrowia).

All citizens of member countries of the EU are entitled to use most of the health care services in Poland free of charge **provided** they have either form E111 or a European Health Insurance Card and some form of identity such as a passport.

The services that can be used for free are:

primary health care	specialist out-patient care
hospital treatment	dental treatment
rescue services	ambulance transport

Please note that if you do not have the necessary documents then you will have to pay for your treatment yourself.

In addition to the national health service Poland also has a well-developed private health care sector and it is advisable for students to take out private health care insurance. Special student health insurance is available in many countries at very reasonable rates.

Academic Calendar 2013-2014



Winter Term 01 Oct 2013-29 Jan 2014

Ceremony to inaugurate the new academic year will be provided

Holiday breaks: 01, 02 Nov

11 Nov every year

22 Dec 2013 – 01 Jan. 2014

Winter examinations 27 Jan 2014-10 Feb 2014

Winter examinations (resits) 20 Feb 2014-04 Mar 2014

Inter-semester break 13 Feb 2014-19 Feb 2014

Summer Term 20 Feb 2014-10 Jun 2014

Spring break 04 Apr 2014-10 Apr 2014

Summer examinations 11 Jun 2014-24 Jun 2014

Summer examinations (resits) 03 Sep – 16 Sep 2014

Summer break 25 Jun – 30 Sep 2014



National holidays



New Year's Day (Nowy Rok)	1st January
Easter	Different each year but generally at the end of March or beginning of April
Labour Day (Święto Pracy)	1st May
Constitution Day	3rd May
Corpus Christi (Boże Ciało)	The ninth Thursday after Easter (May or June)
Feast of the Assumption of the Blessed Virgin Mary/Polish Army Day	15th August
All Saints' Day/All Souls' Day (Wszystkich Świętych)	1st/2nd November
Independence Day (Dzień Niepodległości)	11th November
Christmas Eve (Wigilia)	24th December
Christmas Day/Boxing Day (Boże Narodzenie)	25th/26th December

Other festivities



Carnival (Karnawal) – New Year's Day until the start of Lent (40 days before Easter)

Lent - the 40 days before Easter. Traditionally this is a time of abstinence for Poles and, although many young people don't observe this tradition, you will generally find that pubs and other places of entertainment are quieter than at other times of the year

Fat Thursday – The Thursday of the last week of Carnival when Poles eat lots of donuts.

“Andrzejki” – 30th November, an evening of fortune telling and the last opportunity for entertainment before the start of Advent.

Name Days – Each day of the year is assigned one or more people's names and it is common for people having the name associated with a particular day to have a small celebration on that day.

Following websites were used :

- ppwsz.edu.pl

European Commission's Education & Training

- pwsip.edu.pl



PPWSZ

25

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www.ppwsz.edu.pl 26

